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MEN TURN TO SCALPEL FOR HEROIC BODS PAGE 14

CBC colleague of Ghomeshi taking time off amid turmoil

Show's executive producer Arif Noorani has been with Q since nearly Day 1 PAGE 3

Doubt cast on 'crack mom' test prompts call for review

Critics say Motherisk must ensure no other wrongful convictions occurred PAGE 6

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An ear for suicidal students

Fifty calls per month.
Helpline offers advice and understanding for youth at their wits' end

Duane, a helpline counsellor for Good2talk, in the call area at the facility on University Avenue.
COLIN MCCONNELL/TORSTAR NEWS SERVICE

At least twice a month, Duane answers a call from a university or college student who is thinking of committing suicide.

He's a front-line counsellor for Ontario's new post-secondary mental health line, which now fields a staggering 1,000 calls a month on everything from mid-terms to missing home. Some five per cent of callers say the problem is so grim they can't go on.

That's 50 Ontario students every month.

"We know, because in these cases we ask directly: 'Are you thinking about harming yourself? Have you thought about how you might do it?' and 'Do you have a tool for accomplishing that?'" said Duane, who, like all counsellors at Good2Talk, uses his real first name with callers but keeps his surname private due to the confidential nature of the helpline.

The Ontario government launched the 24-hour hotline last year to respond to growing concerns about mental health on campus, heightened by a string of student suicides.

In the first year of the three-year pilot project, many students have admitted to struggling with anxiety or depression as they tackle loneliness, workload, romantic troubles, pregnancy scares, relationships, academic panic and even concerns about gender identity.

One young woman's voice — and two-thirds of callers are female — sounded alarm bells this fall for Duane. Through one careful question after another, he learned she was thinking of swallowing a bottle of her mother's pills over distress at her first-term marks. Delicately, he managed to convince her this wasn't the answer.

"If they admit they actually have a tool for suicide, I'll ask, 'Can you put it down? You have a choice to put the tool down and come back to the phone and talk, or to hang up and call 911. These are our terms. But you know you have options because you knew to call us," he'll remind the caller. "You knew we'd care.'"

Whether these calls take five minutes or 45, he said, "It's worth it if it means giving them a platform to give away part of their heaviness."

Fourth-year student Liz White is a residence don at the University of Toronto's Victoria College. She often suggests students with personal problems call Good2Talk as a first step.

It's not clear if today's screen-obsessed young adults are growing less comfortable asking for help face-to-face, but White said students are clearly "in desperate need of just talking, and talking (to a helpline) is better than not seeking help."

To White, a helpline gives students "the opportunity to talk without having to identify yourself as someone who needs help. It removes the intimidation factor." Sometimes, she said, it gives students the courage to get help face-to-face.

"Students are anxious and stressed and losing hope over the current job market," said the economics major. "They know a liberal-arts education is no guarantee to a job. They feel they have to perform above their peers to enter a competitive job market."

Then again, suggested philosophy professor Mark Kingwell, a certain lack of happiness may be inevitable at a place that encourages people to consider big, often unsettling, ideas.

He cited an episode of The Simpsons in which Homer has a crayon removed from his brain, becomes smart, then gets depressed by the complexity of the world and asks that the crayon be put back in.

"Being a smart man in a dumb culture can present conflict," said Kingwell. "If critical thought bumps up against happiness, it's sometimes a burden you must bear."

TORSTAR NEWS SERVICE

Delicate steps

"If they admit they actually have a tool for suicide, I'll ask: 'Can you put it down?'"
Duane, a help-line counsellor for Good2talk

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Producer taking time off in wake of Ghomeshi allegations

Fallout continues. Arif Noorani's future with the CBC is uncertain

Arif Noorani FACEBOOK

The executive producer of Jian Ghomeshi's former radio show has "decided" to take some time off while the CBC looks "for more clarity" around the allegations of sexual violence and harassment levelled against the disgraced radio host, the public broadcaster said Monday.

CBC spokesman Chuck Thompson confirmed that Arif Noorani has "decided to take a few days off." He did not answer a question about when Noorani would be back, and said he didn't know what role he would return to.

Thompson said no other members of the Q staff are on leave and no disciplinary action has been taken against any CBC staff at this time.

Noorani, a key member of Q who has been with the program almost since its inception in 2007, refused to answer a list of questions sent by Torstar News Service about his knowledge of Ghomeshi's alleged misconduct.

"I'm fully co-operating with the CBC's investigation into this matter and will respect that process as it unfolds," he wrote in an emailed response.

Noorani refused to speak with a Torstar reporter who visited his downtown condominium.

The CBC has yet to issue a public statement detailing what it knew and when regarding the allegations against Ghomeshi since he was fired on Oct. 26.

In a memo sent to staff last week and obtained by the media, executive vice-president of English services Heather Conway said Ghomeshi was sacked after his CBC bosses saw "graphic evidence that Jian had caused physical injury to a woman." Sources have told Torstar that evidence included videos.

Since then, media outlets have published the accounts of nine women accusing Ghomeshi of harassment, physical abuse and sexual assault.

Other women who allege they were attacked by Ghomeshi continue to come forward. Torstar has now heard of incidents dating back to his time as a member of the band Moxy Früvous, and more allegations from his time as host of Play on CBC television and from his time as host of Q.

Over the weekend, Toronto police announced that they are investigating Ghomeshi after three women, including Trailer Park Boys actress Lucy DeCoutere, came forward with allegations.

A source told Torstar on Monday that the 47-year-old used a CBC-owned phone to send lewd text messages to women, but neither the CBC nor the police will confirm if investigators are now in possession of the phone.

The public broadcaster believes its ownership of the smartphone refutes the former radio star's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC — it's the CBC's property," said a source familiar with the situation.

The source says Ghomeshi lied to CBC management when he was asked "eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw that it had the opposite effect.

"(CBC) didn't know the scope of what they were dealing with," the source said, adding it is unclear whether CBC information-technology staff have begun poring over Ghomeshi's work email account for other evidence.

Toronto police spokesman Mark Pugash said police do not discuss details of an investigation.

Asked if CBC turned over the phone to police, Thompson told Torstar in two separate emailed statements, "We are co-operating fully" with police.

While former CBC executives have said they were never aware of any complaints against Ghomeshi, current bosses have been more reluctant to publicly disclose what they know.

Employment and labour lawyer Howard Levitt said the CBC's defence that it can't say much due to legal reasons is "completely false," pointing out that Ghomeshi's lawsuit for breach of trust and defamation will more than likely be thrown out. He said the CBC could have done a much better job "at protecting its reputation and regaining the public's trust."

Jian Ghomeshi bangs some drums at a Toronto music shop in this undated file photo. KEITH BEATY/TORSTAR NEWS SERVICE

Levitt said he would press the CBC to release more information to the public, including what they knew and when about Ghomeshi, their protocols for dealing with sexual harassment, as well as reiterating their stance on violence against women.

The CBC has said it will hire a third-party firm to investigate allegations against Ghomeshi within the CBC, and that the recommendations from the investigation will be made public. Thompson said the firm will likely be revealed Tuesday.

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Provincial Conservatives

Poll gives Elliott edge over Ford

Doug Ford would jolt the Progressive Conservative leadership race if he jumped in, a new poll suggests.

But the Forum Research survey released Monday shows MPP Christine Elliott remains the frontrunner to succeed Tim Hudak as the provincial Conservatives' permanent leader.

When Forum asked Ontarians who they thought would win the May 9 leadership contest, the Whitby-Oshawa MPP was top of mind and the head of the pack.

Forum president Lorne Bozinoff said it appears "Christine Elliott is cruising for a coronation, but Doug Ford may prove to be a bump on the road to that event."

"He has partisans in the all-important, vote-rich 905 and that's where the PCs need to win votes to take power," Bozinoff said of Ford, a one-term city councillor who finished a strong second to John Tory in last week's Toronto mayoral race.

Doug Ford and Christine Elliott TORSTAR NEWS SERVICE

Bemoaning a lacklustre field, the Etobicoke native is considering whether to run.

Using interactive voice response phone calls, Forum polled 1,104 Ontarians on Friday and Saturday with results considered accurate to within three percentage points 19 times out of 20.

About a quarter — 26 per cent — said they expect Elliott to win the Conservative leadership compared to 18 per cent who think Ford would take it should he decide to run.

MPP Lisa MacLeod was at 7 per cent while the other three declared candidates, MPPs Vic Fedeli and Monte McNaughton and MP Patrick Brown, were each at 5 per cent. TORSTAR NEWS SERVICE

Second GTA doctor not allowed to treat women

Allegations. Burlington family doctor Sharif Tadros is accused of having sex with two of his patients

Family doctor Sharif Tadros is accused of carrying on a sexual relationship with a patient while treating her husband and children. TORSTAR NEWS SERVICE

Another GTA doctor has been restricted to treating only males over allegations of sexual misconduct with female patients.

Burlington family doctor Sharif Tadros is accused of having sex with two of his patients in his office, according to a College of Physicians and Surgeons notice of hearing document.

Sastri Maharajh, a family doctor in Mississauga, was disciplined by the College for professional misconduct last year after admitting to resting his cheek or placing his mouth on the breasts of up to 13 patients. He was suspended for eight months and is now back on the job but can't treat female patients.

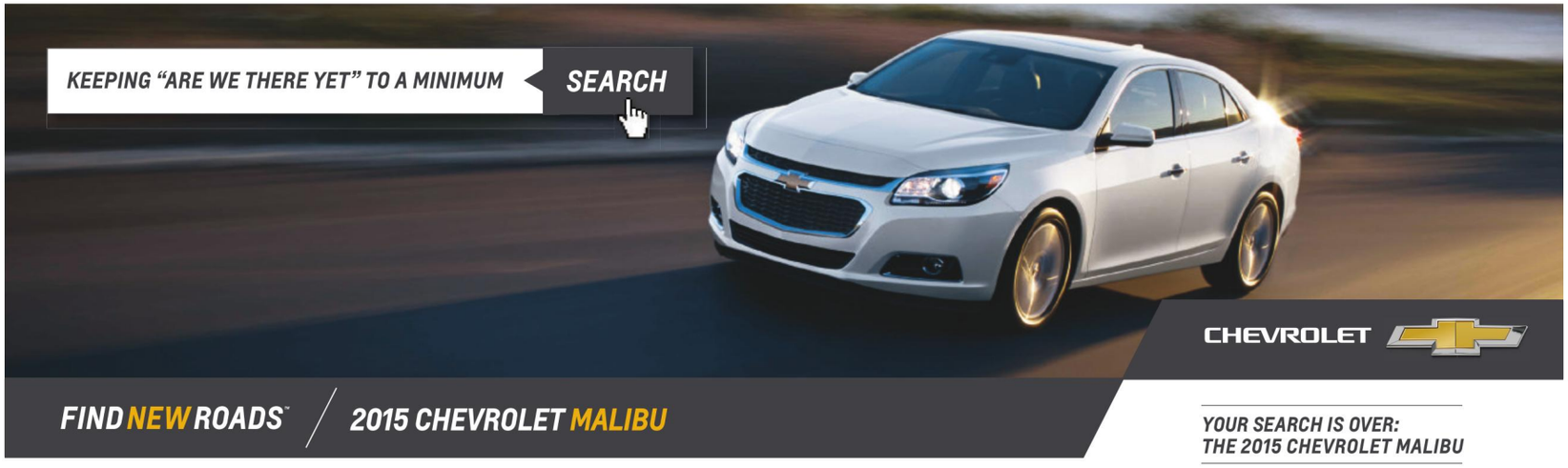
A Torstar News Service analysis of the College's public register shows that of 296 physicians who face allegations or have already been disciplined for professional misconduct, incompetence or incapacity, 21 have gender-based restrictions on practising.

These instances raise questions about how the College deals with sexual transgressions of its members.

As of Sept. 17, the college ordered that Tadros "not engage in any professional encounter or interaction with any female person." There was no such notice posted at his clinic when Torstar visited last week.

The 55-year-old family doctor faces allegations that he had a sexual relationship with a patient and smoked marijuana with that patient in his office, who started attending his clinic in November 2009 for Botox injections, according to the notice of hearing. In the same document, it's alleged Tadros also had a sexual relationship with a patient who began seeing him in 1989, and that he continued to treat her husband and children in the period he carried on a sexual relationship with her.

The allegations have not been proven. Tadros did not respond to questions himself or through his lawyer. The allegations qualify as sexual abuse under the Regulated Health Professionals Act (RHPA). TORSTAR NEW SERVICE



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Province holding up infrastructure funding: Oliver

Finance Minister Joe Oliver says the Ontario government is causing delays in the federal government's plan to devote nearly $11 billion to infrastructure investments in the province over the coming years.

Oliver said Monday that he was still waiting for the Liberal government to submit its list of preferred infrastructure projects under the Building Canada Plan, which is designed to give predictable long-term funding to provinces and territories.

In a speech at a public-private partnership conference, Oliver said provincial governments must submit their list of priority projects before the money can roll out as part of an 11-year funding plan.

"Unfortunately we are experiencing a delay under the provincial-territorial component of the Building Canada Plan," he told the conference in Toronto.

"The Government of Ontario has yet to put forward its submission. We hope to receive it soon."

The federal government doesn't have an official deadline for submissions, although Alberta, Nova Scotia, New Brunswick and Manitoba have put forth their lists of preferred projects.

The Ontario government has been "working diligently" to produce a list of priority projects, though officials have called on the federal government to increase infrastructure funding, said Ontario Economic Development and Infrastructure Minister Brad Duguid.

The Liberals promise to spend $130 billion on infrastructure over a decade — including $29 billion for public transit and transportation projects. They also plan $2.5 billion in corporate grants to lure and keep businesses in the province and $1 billion to build a transportation route to the Ring of Fire mineral deposit in northern Ontario.

Duguid said the federal government's commitment to spend $70 billion across the entire country is "short-changing provinces."

"The federal minister's complaints about the slowness of the system, which he set up in the first place, are just a smokescreen for the fact they're just not investing enough in infrastructure."

Advocates of public-private partnerships, which the industry calls "P3s," see them as a cost-effective way to deliver infrastructure to the benefit of taxpayers, governments and businesses. Critics have argued that they aren't necessarily good for the public sector over the long term even if they bring down government costs in the short term.

THE CANADIAN PRESS

Canadian Finance Minister Joe Oliver speaks in Toronto Monday.
THE CANADIAN PRESS

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Back to landfill, incineration for York garbage

A quality control technician checks samples at the Dongara plant.
CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

There was much hope riding on the little pellet of pulverized garbage.

In 2008, a Vaughan-based company Dongara Developments opened up a $50-million plant that would sort, shred and compress household garbage into clean-burning fuel pellets. It was touted as a remarkably clean solution to every city's messy garbage problem.

York Region, impressed, signed a 20-year contract to have Dongara process at least 100,000 tonnes of garbage every year.

The idea was that the pellets could be used by businesses, such as greenhouses, looking for cheaper and cleaner alternatives to coal.

But as of this year, the garbage-to-pellet technology is no longer part of York Region's waste management strategy. It quietly cancelled the contract with Dongara last summer, after the company reported that it was shutting down.

Making the pellets was the easy part, the company said. The problem was passing the regulatory hurdle that deemed the pellets to be garbage and not fuel.

"The composition of the material never changed after it had been processed into pellets. They weren't treating it, or adding anything to it. It remained waste throughout the process," said Kate Jordan, a spokeswoman for the Ministry of Environment. "It was just in a different form of waste, a pellet form."

Thus any company that wanted to use the pellets as fuel had to be designated a waste-management facility by the province, she said.

Now, the region will be sending some of its residual garbage to landfill, and some to incineration. As of next year, 15,000 tonnes will go to the Durham-York Energy Centre, an energy-from-waste facility currently being built in Clarington.

TORSTAR NEWS SERVICE

‘Comprehensive review’ of Motherisk cases needed after conviction overturned: Critics

Hair-sample analysis. ‘People may have been wrongfully convicted, people may be wrongfully serving sentences,’ Toronto criminal lawyer says

Critics are calling for a review of the criminal and child welfare cases that relied on hair-sample analysis from the Hospital for Sick Children’s Motherisk program after a court of appeal overturned the 2009 cocaine conviction that sent a Toronto mother to jail.

Toronto criminal defence lawyer Daniel Brodsky, who sits on the board of the Association in Defence of the Wrongly Convicted, said SickKids and Motherisk have “an obligation to restore the public confidence.”

“Without a proper study, people may have been wrongfully convicted, people may be wrongfully serving sentences, without having a clue that they have done something about it,” Brodsky said. “Someone who has the means to examine what has been done in the past has to step up to the plate and satisfy the public that miscarriages of justice haven’t taken place.”

Motherisk’s hair-sample analyses were included as evidence in more than 15 child welfare cases and one other criminal case since 2009, according to Quicklaw, a database of select Canadian court cases.

In October, the court cleared Tamara Broomfield, 31, of feeding her two-year-old son Malique a near-lethal dose of cocaine in 2005, after fresh evidence cast doubt on the scientific analysis presented at trial.

The appeal court did not comment on how Malique, now 11, got the cocaine that resulted in the 2005 overdose, which left him with permanent brain damage and ongoing behavioural problems.

At Broomfield’s 2009 trial, Gideon Koren, founder and director of Motherisk, testified that an analysis of Malique’s hair showed the boy had ingested extremely high doses of cocaine every month for more than a year leading up to the overdose.

The appeal court threw out Broomfield’s cocaine convictions after Craig Chatterton, deputy chief toxicologist in the office of the chief medical examiner in Edmonton, challenged the methods Motherisk used to prepare the hair sample, the methodology used to analyze it and the validity of the results.

Michael Apkon, CEO and president of SickKids, did not respond to questions on Monday about whether the hospital is reviewing past cases.

In an email, Apkon said, “It is not unusual for experts to disagree on matters before the courts.”

Tamara Broomfield, right, arrives at court with an unidentified older friend in this 2010 file photo. A court of appeal decision threw out her cocaine conviction, after fresh evidence cast doubt on the scientific analysis presented at her trial. TORSTAR NEWS SERVICE

“This is borne out in this case by the opinions of the three experts consulted in this matter,” he said. (A report written by a toxicologist from Utah in support of Motherisk’s analysis was also filed in court during the appeal process.)

“The (hospital) is committed to continuous quality improvement and works across all programs, including the Motherisk program, to ensure appropriate quality standards,” Apkon said.

Koren did not respond to a request for comment.

Toronto criminal defence lawyer Daniel Brown said the appeal court decision has “cast doubt on the validity of the testing methods used by the staff at Motherisk with respect to hair analysis.”

“It is now incumbent on Motherisk and the Crown Attorney’s office to conduct a comprehensive review to ensure these same mistakes were not made in other cases,” said Brown, who tried in 2010 to get Broomfield’s trial judge to reopen her case to take another look at the scientific evidence.

The Ministry of the Attorney General did not immediately respond to questions on Monday about whether it will launch a probe, or whether the Crown will continue to rely on Motherisk’s hair testing analysis in criminal cases.

Broomfield, who was branded Toronto’s “crack mom” when she was convicted in 2009, served more than half of her seven-year jail sentence before she was released on bail last year, after the Crown cross-examined Chatterton.

She has abandoned her appeals of child-abuse convictions for failing to seek medical care for Malique’s broken wrist, and causing him multiple rib fractures.

In a 2012 report filed in court, Chatterton maintained “it not possible to determine” whether Malique had consumed cocaine over an extended period “based on the results of the immunoassay analysis” Motherisk conducted.

As the appeal court noted, Broomfield was found guilty for administering the 2005 overdose, “at least, in part” based on the evidence that showed she’d been regularly dosing Malique.

Koren defended his findings in a 2013 letter in court, arguing that Motherisk’s analysis was accepted by experts in the field and a leading scientific pediatric journal.

“Acute, one time exposure to cocaine, cannot explain the hair test results,” he wrote. “All evidence indicate at very high medical probability that the toddler was exposed to cocaine chronically as part of an extreme case of chronic abuse and neglect.”

Both Broomfield and her lawyer, James Lockyer, who founded the Association in Defence of the Wrongly Convicted, have declined to comment on the case.

TORSTAR NEWS SERVICE

Lawyers challenge ‘no complaint, no investigation’ stance

There’s no reason why police cannot investigate alleged crimes, even when a victim doesn’t complain, legal experts say.

“Generally speaking, it’s not correct that a complainant has to come forward in order to begin an investigation,” said criminal defence lawyer and former crown prosecutor Charles Granek.

Yet, this is what GTA police forces told Torstar News Service after published reports of potential criminal acts went uninvestigated.

Whether it was Toronto Police Chief Bill Blair’s message that there could be no investigation into Jian Ghomeshi until a victim complained, Peel police’s refusal to investigate a doctor who fondled his patients’ breasts, or the fact that less than 20 per cent of lawyers who steal from their clients ever get charged, ‘no complaint, no investigation’ seems to be a de facto police position.

Scott Cowan TORSTAR NEWS SERVICE

But lawyers who work in the criminal justice system say this doesn’t reflect the investigations they encounter every day.

“The police will never say that about Jane-Finch … They just go there and start investigating,” said Scott Cowan, a regional director at the Criminal Lawyer’s Association who teaches at the University of Western Ontario. “It raises an interesting question about what offences they want to investigate.”

While the bar for pressing charges — reasonable grounds to believe an indictable offence was committed — is high, there is nothing preventing police from investigating any criminal behaviour they suspect is going on.

“A police officer can act on any information that she receives in order to start an investigation. It could be the thinnest of information possible,” said Granek. “At the beginning of an investigation, often there aren’t reasonable grounds, and an officer can go ahead and make whatever inquiries she sees fit.”

This has not been the position taken by the police. If an alleged victim comes forward in the media, investigators cannot reach out to that person because it would be “prejudicial,” said Toronto Police spokesperson Const. David Hopkinson.

“We can’t just go looking for people who want to become complainants,” Hopkinson said.

If police did this, he said, it could be seen as taking sides.

“We’re telling them what they should do. We’re browbeating them into doing it. We’re embarrassing them into becoming victims for what appears to be a public good,” he said.

Granek doesn’t agree. He says police actively solicit complainants and witnesses all the time.

“There are a number of instances in which a police officer will be very proactive in terms of reaching out to the complainant. Often complainants will be reluctant to come forward ... and in that instance, it’s quite proper for a police officer to reach out to the complainant or any other witness,” he said.

TORSTAR NEWS SERVICE

For the full story, go to metronews.ca

Investigations

Police explain reasons that a complaint is necessary

Police spokesperson Const. David Hopkinson says there are three reasons police won’t start an investigation into an assault or sexual assault without a complaint.

First, because the definition of assault is an intentional use of force without consent, the victim must tell police that he or she didn’t agree to the assault.

Second, because alleged assaulters have the right to face their accuser, a victim has to make the decision to put their name on a formal complaint, knowing that they’ll have to go through the investigation and possible trial.

While there are no criminal consequences for making an accusation in the media, Const. Hopkinson said, if someone makes a criminal complaint that turns out to be false, they can be charged with mischief.

Third, police need a reasonable expectation of conviction, which is nearly impossible without a complaint.

TORSTAR NEWS SERVICE

Court rules woman suing killer can't go after pension

Russell Williams.
Panel of judges say amendment would 'complicate' proceedings

Russell Williams, the former base commander at CFB Trenton leaves a Belleville court in 2010 after having been declared guilty of killing two women. A woman pursuing a lawsuit against Williams can't go after his military pension for potential damages just yet, An Ontario court ruled Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

A woman pursuing a lawsuit against convicted sex killer Russell Williams can't go after his military pension for potential damages just yet, Ontario's highest court ruled Monday.

A panel of three judges found that a proposed amendment to the lawsuit's statement of claim, which would have allowed Williams' pension to be targeted, was "premature."

Williams, once a rising star in the Canadian Forces, was sentenced to life in prison in October 2010 after pleading guilty to the murders of Jessica Lloyd and Cpl. Marie-France Comeau.

In early August, he reached an out-of-court settlement with some of his victims, but a suit by sexual assault victim Laurie Massicotte remains active.

Massicotte, who has chosen to reveal her identity and speak publicly about her ordeal, filed a nearly $7-million lawsuit in 2011 against Williams, his wife and the province of Ontario.

In her claim she said the attack left her fearful, humiliated, depressed, suicidal and unable to function in society.

Massicotte made an effort to amend her statement of claim in November 2013 to go after Williams' pension for potential damages, but the matter was turned down by a lower court, at which point she took the issue to the appeal court.

Her lawyer argued that a section of the Pension Act violated part of Massicotte's Charter rights by depriving her the right to be compensated for physical and psychological losses. He also argued that it denied her the ability to acquire the assistance and amenities required to improve her life, liberty and security of person.

"We're satisfied that we need access to pension to cover the damages that we believe will be awarded," Massicotte's lawyer, Philip Healey, told the appeal court on Monday. "We have a plaintiff here who went through a horrendous sexual assault, she's a young woman, she's 52, she probably won't be able to work again."

Williams' lawyer, Pasquale Santini, argued that allowing the pension-related amendment would delay the progress of the case.

He said it was an issue Massicotte could advance later, once she had received a judgment.

"What consequence will it have to inject these arguments into these issues? There's only one, it will lead to delay," he said in court.

After hearing arguments on both sides, the appeal court panel agreed with the earlier decision on the pension matter.

"The motion judge denied leave on the basis that the amendments would complicate and lengthen proceedings and constitute an impediment to time and efficient disposition of the issues as currently framed," said Justice William Hourigan.

"We see no basis to interfere with the motion judge's conclusion." THE CANADIAN PRESS

Jun Lin murder trial

Magnotta heard voices, doctor says

Luka Rocco Magnotta was convinced in 2005 that he was being stalked and that voices in his head told him he walked like an ape, a Toronto doctor told his murder trial Monday.

Dr. Allan Tan testified that a psychiatrist had diagnosed the accused as manic depressive and mildly schizophrenic before Tan began seeing him in 2003.

Magnotta was also taking several psychotropic medications, had been hospitalized for manic depression and was being seen by a psychiatrist, said Tan, who was Magnotta's doctor until 2009.

Tan, who was responsible for dealing with Magnotta's general health issues, testified it was in 2004 when he first noted in his files that Magnotta said he was hearing voices. THE CANADIAN PRESS

Outbreak

Feds to invest over $30 million to fight Ebola

The federal government is committing an extra $30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in this country.

Health Minister Rona Ambrose says the new funding also contains an additional $3 million to help the World Health Organization in its efforts to fight Ebola in West Africa.

The bulk of the money will be spent on research into and production of Ebola vaccine and a type of treatment known as monoclonal antibodies — $23.5 million of the funding will go to that work.

Ambrose says $1 million will be used to cover the cost of placing additional quarantine officers in airports, and $3 million will be used to enhance preparedness work in Canada.
THE CANADIAN PRESS

Ottawa attack. Sentry who stood guard with Cirillo to resume duties

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty — though he admits it won't be easy.

"I still believe Canada is a nation of peace where soldiers within its borders need not take up arms," Cpl. Branden Stevenson said in a statement Monday. "My fellow soldiers and I remain proud and committed to watching over the Tomb of the Unknown Soldier as a strong, silent reminder of every person who made the ultimate sacrifice."

Stevenson was at the National War Memorial on the morning of Oct. 22 when Michael Zehaf Bibeau killed Cirillo and then stormed onto Parliament Hill, where he died in a gunfight in the Centre Block.

Stevenson said he is still in shock and grieving the loss of his best friend, whom he'd known since Grade 9 and whose love of the military inspired him to follow in Cirillo's footsteps.

They were always laughing and joking about something and the morning of Oct. 22 was no different, he said.

"As we stood sentry and walked the beat, one of my socks was sagging. Nathan smiled and intentionally kept our walk going so my sock would fall a little more," he said. "He had such an amazing personality!"

Eyewitness accounts of that morning suggested Bibeau fired at Stevenson as well, but missed. Stevenson then ran to Cirillo's side to help bystanders administer first aid.

Stevenson said he's choosing to return to work to honour Cirillo and Warrant Officer Patrice Vincent, who was killed that same week in Quebec by a man with jihadist sympathies.
THE CANADIAN PRESS

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Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the government to stop the practice in the southwestern African nation, and elsewhere.

"This decision has far-reaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a statement.

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only acronyms to describe the procedure, while another signed the document after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- **Namibian Women's Health Network.** The organization first began documenting allegations of forced sterilization in 2007.
- **250,000 Namibians infected.** Ten per cent of the Namibian population lives with HIV.

Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to late Apple Corp. co-founder in St. Petersburg. The six-foot-tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Costa Concordia

Human remains believed to belong to missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

What's believed to be the remains of the missing Indian waiter were found on the eighth deck inside a cabin.

THE ASSOCIATED PRESS

Found gun in a dresser

Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

A police report says the children were playing when the boy found the loaded .40-calibre handgun.

THE ASSOCIATED PRESS

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Hotels. Check-ins via phone could be beginning of the end for the concierge

Hotels don't want guests to have to linger at the front desk — or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones. The feature is available at only 10 Aloft, Element and W hotels but will expand to 140 more properties in those brands by the middle of next year.

Hilton Worldwide is the only other hotel chain to publicly acknowledge plans for mobile room keys — which it plans to roll out at the end of 2015 at some U.S. properties. Hilton won't say how many hotels will be included, except that the service will be available at four of its brands — Hilton, Waldorf Astoria, Conrad and Canopy. THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.05¢ (-0.67¢)

TSX
14,537.62 (-75.70)

OIL
$78.78 US (-$1.76)

GOLD
$1,169.80 US (-$1.80)

Natural gas: $4.04 (+$0.03)
Dow Jones: 17,366.24 (-24.28)

New World Trade Center rises from the ashes

The silvery skyscraper that rose from the ashes of the Sept. 11, 2001 terror attacks to become a symbol of American resilience opened for business Monday, as 175 employees of the magazine publishing giant Condé Nast settled into their first day of work there. The opening of the country's tallest building, One World Trade Center, marked a symbolic return to a sense of normalcy for the site where the twin towers fell more than 13 years ago. MARK LENNIHAN/THE ASSOCIATED PRESS

Instagram in Canada

Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app will start running ads in Canada soon.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their streams.

THE CANADIAN PRESS

Shomi the catch ...

Streaming service only for Rogers, Shaw customers

The new streaming service Shomi is being launched by Rogers and Shaw today. Seen as a competitor to Netflix, Shomi will debut with nearly 12,000 hours of content to stream — mostly TV shows — for $8.99 a month.

Only Rogers and Shaw customers can sign up for the service at first.

THE CANADIAN PRESS

Jen didn't know she could shop around for a better home insurance rate.

She saved big when she did.

InsuranceHotline.com

The simple way to shop for insurance.

DON'T BE MIFFED THAT I BROUGHT A GIFT

SHE SAYS

Jessica Napier
metronews.ca

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes, I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "monetary gifts appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more."

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "ask for cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts, please bring us cash!"

But even if you make it rhyme; cash demands seem out of line. A big fat cheque might make you happy; I just think it's awfully tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap, and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping "no boxed gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I do."

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

The donkey barber

Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.
MAYA ALLERUZZO/THE ASSOCIATED PRESS

Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys. He is a third-generation qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

Dangerous work

Mohamed traces to a scar across his right jaw with a finger missing its first joint.

- "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

MetroTube

Taking the Internet by storm

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's Friday Forecasters segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/YouTube)

SCREEN GRAB

Twitter

We asked readers to write a caption for this penguin robot photo:

THE ASSOCIATED PRESS

@VanstoneL: Okay, this new guy has wheels... but can he dance? #HappyFeet

@thejimpster: And whatever caption wins.. PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

Check out the other answers @metropicks.

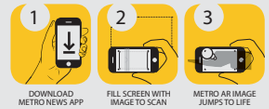
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 19 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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DVD review

A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's A Most Wanted Man, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More of an espionage procedural than standard-issue spy thriller, A Most Wanted Man doesn't always make the best use of its impressive cast including Robin Wright, Rachel McAdams and Willem Dafoe.

The One I love

Director. Charlie McDowell

Stars. Mark Duplass, Elisabeth Moss

You might imagine you're hearing The Twilight Zone theme throughout The One I Love, and there's no surprise when a reference is made to it.

Mark Duplass is Ethan, the dull husband of Sophie, played by Mad Men's Elisabeth Moss. The couple used to do wild things together, but time, and Ethan's cheating, has tamed their life and dimmed their passion. They're offered a chance to "reset the reset button" by their marriage counsellor (Ted Danson), who sends them to a private retreat that has done wonders for clients.

Director Charlie McDowell and screenwriter Justin Lader raise both smiles and pulses with their impressive feature debut. PETER HOWELL

New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

Singer Brandy Clark SHORE FIRE MEDIA

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, 12 Stories, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark, edgy tales about infidelity, divorce, murderous lovers and painkiller addiction.

Quoted

"I didn't really fit what is a mainstream country artist ... which is why my music resonates though."

Brandy Clark

Clark also shares a songwriting nomination with Kacey Musgraves and producer/songwriter Shane McAnally for song of the year for Follow Your Arrow, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. 12 Stories, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre."

And while Clark is not the first gay artist to be nominated — most notably singer Chely Wright had multiple CMA nominations before coming out in 2010 — Clark said if people want to believe she's breaking down boundaries in country music, she's glad to take on that role.

"I feel so fortunate to be in a time where I am embraced completely as who I am and I don't have to hide who I am in any way," Clark said. "I hope that we've broken some boundaries and things are changing. I feel very included in the country music community." THE ASSOCIATED PRESS

Streaming. Taylor Swift breaks up with Spotify

Like most days as of late, today is an important one if you're a Taylor Swift fan. First, the singer not only announced all the dates of her North American tour, but also that the opening act will be singer-songwriter Vance Joy. But she also unexpectedly pulled all her music off of Spotify, the popular music-streaming service.

When Swift released 1989 last week, Spotify users could stream the album without buying it. Not anymore. And Spotify is not happy about it. The company released the following statement about the breakup:

Taylor Swift GETTY IMAGES FILE

"We love Taylor Swift and our more than 40 million users love her even more ... We hope she'll change her mind and join us in building a new music economy that works for everyone. We believe fans should be able to listen to music wherever and whenever they want, and that artists have an absolute right to be paid for their work and protected from piracy. That's why we pay nearly 70 per cent of our revenue back to the music community.

PS — Taylor ... there's more than 40 million of us who want you to stay, stay, stay. It's a love story, baby, just say, Yes." Spotify is also attempting to woo her back with specially curated playlists. But surely Swift gets it. This isn't her first breakup.

EMILY LAURENCE/
METRO IN NEW YORK CITY

Taylor Swift's Canadian dates

Taylor Swift is coming to Canada, but not until 2015.

- **July 6:** Ottawa at Canadian Tire Centre.
  July 7: Montreal at Bell Centre.
  Aug. 1: Vancouver at B.C. Place Stadium.
  Aug. 4-5: Edmonton at Rexall Place.
  Oct. 2-3: Toronto at Rogers Centre.
- **Opening acts:** Shawn Mendes and Vance Joy.

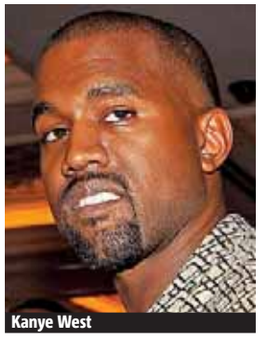
Selena Gomez ALL PHOTOS GETTY IMAGES

Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it.

"She is absolutely not into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.


Kanye West

Guess who thinks he's Lord of L.A.?

Kanye West wants to name his new, $20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regalness, and there will be a sign naming it Highclere Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham." It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl goes from rude to reasonable

NED EHRBAR
Metro in Hollywood

Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose.

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted, but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition?

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Is the secret behind a super body a surgeon's scalpel?

Cosmetic procedures. There has been an increase in the number of men going under the knife for chiselled abs or perfect pecs

EVA KIS
Metro in New York City

Between the uber-sculpted uniform of today's Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern superhero roles are pushing actors to their physical limits — and the effect that's having on American men.

The number of cosmetic procedures being performed on men has risen 273 per cent in the last 16 years, according the American Association of Aesthetic Plastic Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says.

"It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where reality ends and fantasy begins.

How real is what's on-screen?
Celebrities are a fantasy. And the fantasy is not just one individual; it's a company. These celebrities are companies, they have a whole entourage around them that depend on maintaining that image. Celebrities generally won't admit to anything, and I think it is to continue this mystique of what it is to be a celebrity.

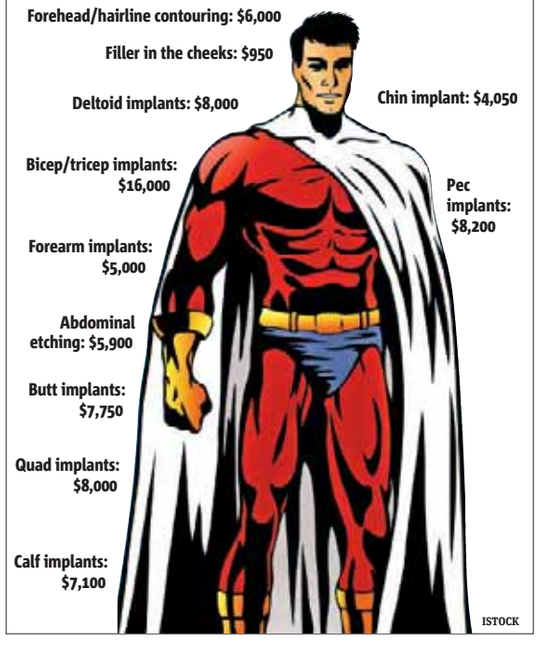
When does plastic surgery come into the picture?
As people enter their 30s and definitely their 40s, and with 100 per cent certainty.

In their 50s, people have to get work done to continue to look youthful and vibrant and natural. It's inevitable ...

To be in that A level, the superhero level, you really need to be on your best game. But once people hit 35, your best game may not be enough — and that's where plastic surgery comes in.

Super costs

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to $76,950 US to get the modern superhero look, from the strong chin to bulging quads.



ISTOCK

You have to be realistic in your expectations, right?
Sometimes people come in with that preconception, but then you talk to them and you tell them, 'Gosh, no, that's really not how it works.'

We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to Hugh Jackman to begin with.

For some stars, can steroids and human growth hormone also enter the picture?
They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes.

There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

While the men seeking plastic surgery in your office tend to be the older partner in a relationship and want to look the right age, what else is driving ordinary men to get plastic surgery?
Almost every job has a sales component to it. You have to sell something: You sell yourself if you're a politician or a company president, if you're an idea man or a film producer.

You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. They're the ones who have worked as interns, worked their way up and now suddenly they're in positions of leadership. And if you walk into the room looking old and irrelevant, you're not gonna get that job.

Fist bump your way through the flu season

U.S. President Barack Obama is a fan of the sanitary fist bump. GETTY

Study. Knocking knuckles spreads fewer bacteria than handshakes or high-fives

With the arrival of flu season, preventing the spread of germs is essential. Enter fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So fist bumps seem to be the wisest greeting, especially during flu season, said researcher David Whitworth of Aberystwyth University in Wales.

The importance of hand hygiene is nothing new in medicine. But the researchers realized that while a lot of research focused on hands getting germy from touching doorknobs and other surfaces, only a few studies had looked at handshakes.

"And there are alternatives to handshakes. You see them on telly all the time — the fist bump and high-five and all that," Whitworth said.

He and a student Sara Mela shook hands, fist-bumped and high-fived each other dozens of times for the research. One wore a glove covered in bacteria, while the other had a clean sterilized glove. After each greeting, they measured how much bacteria had been transferred.

Their results were recently published in the American Journal of Infection Control.

What makes the fist bump more sanitary? Mostly, it's the smaller amount of surface area in contact between the two hands, an analysis suggests. The researchers did practice runs with paint to measure how much surface area each form of greeting involved.

"It's a novel study," though the results are not surprising, said Mary Lou Manning, president-elect of the Association for Professionals in Infection Control and Epidemiology. Her organization publishes the journal.

She said she hasn't seen much fist-bumping or high-fiving in hospitals. Handshakes are more common — but they must be followed by good handwashing, she added.

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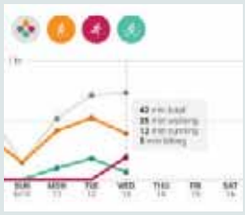

Stop Googling yourself sick

Self-diagnosis. There are dangers to looking up symptoms online

LINDA CLARKE
Metro in New York City

At some point, maybe we all suffer a little bit of what's been dubbed "cyberchondria." After all, who hasn't looked up a pain, rash or other symptom on the Internet to self-diagnose?

In fact, according to the Public Health Agency of Canada, a large number of Canadians (more than 15 million in 2009) actively search the Internet for health-related information.

In the U.S., meanwhile, a recent study estimated that the average American adult spends an astounding 52 hours a year looking up medical issues.

According to Dr. Sam Altstein, medical director of Beth Israel Medical Group, that statistic isn't surprising.

"I see a lot of folks who've been looking up symptoms on the Internet. At least once a day, someone comes in and has Googled a symptom and in seconds they're told they have HIV or cancer or are about to die. It's mostly very, very wrong."

When does cyberchondria become a problem?

Someone who is spending an inordinate amount of time looking up symptoms on the Internet should see a doctor. He or she might have hypochondriasis, also known as hypochondria — excessive worrying about illness, which in itself is a sickness.

"That's a very real condition, and the Internet feeds on that," says Altstein. "We have to hear these patients out and guide them, but it's hard to combat phobias. (To them), an anecdote is more powerful than a study with real evidence, or even a real diagnosis."

Researching symptoms or illnesses on the Internet can sometimes help, however — especially for minor issues that can be treated easily at home, but only if the information is reliable.

"You have to look carefully at who's writing the advice," Altstein says. "If you just put a symptom into a search engine, then all sorts of non-medical sites or blogs come up. These probably won't have any research behind them. Choose medical sites like the Mayo Clinic's and Web M.D., which have a better perspective."

Googling symptoms can lead to misdiagnosis. ISTOCK

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Health Solutions

Master a nourishing meal with these tips

NUTRI-BITES
Theresa Albert
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The French dish called bouillabaisse serves up a brothy stew chock full of fish. I had the pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Can you think of any more nourishing, comforting fall meal? Me neither.

Here are some tips for making your own at home.

- Start with a hearty jarred tomato sauce. It will create the foundation.
- Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.
- In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.
- Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.
- Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, — just mouthfuls.
- A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

A warming catch of the day

Cioppino. This fishy stew boasts delicacies such as salmon, cod, shrimp, mussels and a mayo-based topping

This recipe serves four. THERESA ALBERT

This dish comes together in about 20 minutes and is a great way to get a bowlful of brain boosting omega-3s and essential lycopene from tomatoes.

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled
- 8 raw shrimp
- 1/2 lb cod fillet (or other firm white fish)
- 4 oz salmon fillet

Topping

- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt
- 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes uncovered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook for 5-8 more minutes. Meanwhile, mix topping ingredients.

3. Divide into large bowls and top with topping. THERESA ALBERT (@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)

Appetizer. Eggplant-Tomato Crostini

Looking for a great appetizer? How about classic crostini?

This recipe calls for salting and draining eggplants and tomatoes to remove excess water and produce not only a meatier texture, but also concentrated flavour. Roasting vegetables caramelizes their natural sugars, further deepening flavours.

Ingredients

- 2 large yellow onions, quartered and sliced
- Extra-virgin olive oil
- Kosher salt
- 2 small eggplants, diced
- 1 pint cherry tomatoes, halved
- Toasted, sliced French bread
- Balsamic glaze, to serve
- Ground black pepper
- Parmesan cheese, to serve
- Watercress, to serve

1. Heat oven to 450 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. In skillet over medium heat, cook onions with drizzle of oil and pinch of salt, stirring regularly until caramelized, 20 minutes.

3. In mesh strainer over sink, combine eggplants and tomatoes. Sprinkle in hefty pinches of salt, then toss lightly. Allow to sit 15 minutes to drain excess liquid. Spread mix on prepared baking sheet and drizzle with olive oil. Roast 18 minutes, or until tender and browned.

4. In bowl, combine eggplant, tomatoes and onions. Spoon mix onto slices of toasted French bread; drizzle with balsamic glaze and sprinkle with pepper. Top with cheese and watercress. THE ASSOCIATED PRESS

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From left, Jordan Whelan, Geoff Christou and Chris Porteous have created Framestr, a platform that lets users earn money by sharing products with friends. CONTRIBUTED

Shop, share and we'll show our appreciation

Small business. Three young entrepreneurs build a bridge between the brand and the buyer

TAKARA SMALL
Metro News in Toronto
@takarasmall

Imagine buying a pair of shoes from your favourite online store and being rewarded by the vendor with cold, hard cash.

Enter Framestr, a new e-commerce startup based in Toronto that leverages a customer's circle of friends in order to compensate fans of a brand while also helping to increase that brand's digital reach.

"It's a win-win for both," says 28-year-old company co-founder Jordan Whelan, who launched the platform along with friends Geoff Christou and Chris Porteous.

The premise behind the newly launched business is simple: A customer creates their own personalized Framestr account and then buys a product from the list of registered vendors, which includes retailers such as Unikati and Portel.

After the customer buys a product, he or she receives a specially created URL that can be shared by email and on social media. Friends who click on the link and purchase one of the hundreds of products available activate a five per cent commission that is deposited into the original customer's PayPal account.

"We've added a cool component to make it social," says Whelan. "It makes us different than the competition and more trustworthy because the link is shared and coming from someone you know."

Whelan argues that the days of businesses relying on multi-million-dollar advertisements to get attention in the cutthroat world of e-commerce are over. He thinks that shoppers have become ambivalent about the many digital ads and product claims they encounter online.

"The inspiration for the business was centred around a referral I had made to two friends for a pair of winter boots, years ago," he says.

"After I wore them out at a gathering, my friends asked me the ever-so-popular, 'Where did you get those?' and both then ventured out to make the recommended purchase," he adds. "Just one sentence brought that company two new fans."

Whelan says Framestr's success is supported by the idea that an individual's peers are exceptionally influential in their purchasing decisions.

"We will all make thousands of recommendations over our lifetime and take on the role of a salesperson for a brand. Statistics show that word of mouth is still the number one purchase influencer," he says. "It's something difficult to replace or replicate."

The social commerce system his team has created is a great alternative for companies who want to tap into a consumer's inner circle without being seen as intrusive, he adds.

"Why not create a system which allows a business to offer a monetary reward as a thank you? People want authenticity now. It's changed things."

Since the company launched a little over a year ago, it's added 13,000 products and 200 companies from 15 different countries around the world.

"We didn't think it would take off as quickly as it did," he says with a laugh, "but are happy that people have connected with the idea so quickly."

Despite recent success, creating the business wasn't easy, he says. It took a lot of hard work and patience to convince consumers to give the alternative approach a try.

His advice? "Be bold, be fearless, power through your insecurities, and try every door you see. The chances are you only need one to open."

You like me, you really like me!

"Why not create a system which allows a business to offer a monetary reward as a thank you? People want authenticity now, it's changed things."

Jordan Whelan
Co-founder of Framestr

Tennis

Luck of the draw not with Raonic

Canadian Milos Raonic was given a tough draw Monday for the upcoming Barclays ATP World Tour Finals.

Raonic, from Thornhill, Ont., is in Group B with Switzerland's Roger Federer, Britain's Andy Murray and Japanese newcomer Kei Nishikori.

Raonic qualified for the London event after a strong showing at last week's Paris Masters. Raonic defeated Federer for the first time in the quarter-finals before losing to top-ranked Novak Djokovic of Serbia in the final.

Djokovic, a two-time defending champion, was handed a favourable draw in Group A. He was joined by slumping Australian Open champion Stan Wawrinka of Switzerland, U.S. Open winner Marin Cilic of Croatia and Tomas Berdych of the Czech Republic. THE ASSOCIATED PRESS

NBA

"I feel like I am a much better player and a much better leader. I try to really lead by example and lead by my voice every day."

Chris Bosh who is flourishing with the post-LeBron James Miami Heat so far this season. The power forward is averaging 25.7 points, 11.3 rebounds and four assists through three games — he had 21 points, 11 boards and four assists in a 107-102 win over the Toronto Raptors on Sunday night. Bosh was named Eastern Conference player of the week Monday.

Cabrera: Jays' top off-season target

MLB. Left-fielder tops Toronto's list, but free agency cost for Dominican could prove too high for Toronto

metro AR Melky Cabrera's .808 on-base-plus-slugging percentage was 34th highest in the majors, making him one of the most desirable bats available in free agency. Scan the image with your Metro News app for a look at more of the top free agents available. GREG FIUME/GETTY IMAGES

Starting Tuesday, Melky Cabrera will begin to find out what he's really worth and the Toronto Blue Jays will have a better idea of whether they can hang on in the bidding for the free-agent outfielder's services.

Although MLB free agency technically opened at the conclusion of the World Series, negotiations with new teams only begin in earnest following a five-day "cooling-off period," during which time potential suitors can only discuss general interest without exchanging numbers.

So Tuesday could be a pivotal day in setting forth how the Jays' off-season shapes up.

General manager Alex Anthopoulos suggested over the weekend that he and Cabrera's agents were "far apart" and that it would likely take offers from other teams to bring them closer together. He reiterated those points Monday morning on Sportsnet radio.

"It may be one of those things where (Cabrera) needs to go out and see what the offers are to really find out what his worth is," Anthopoulos said. "No one knows what his true market value is because there really isn't anybody to compare him to."

Re-signing Cabrera is the Jays' top priority and is part of the reason they traded Adam Lind and his $7.5-million contract to the Milwaukee Brewers on Saturday. Cabrera has expressed a desire to return to Toronto — he fits well in the Jays' clubhouse and lineup — but the 30-year-old Dominican is not going to take a discount to stay. He may, however, give the Jays the opportunity to match an offer.

Several agents — not Cabrera's — have previously told Torstar News Service they expect him to receive between $12 and $15 million per season on a three- or four-year deal, pointing to Shane Victorino's three-year $39-million contract and Curtis Granderson's four-year $60-million as two comparisons.

On the weekend the Jays exercised the formality of extending a one-year, $15.3-million qualifying offer to Cabrera, which ensures that if he signs with another team the Jays will at least receive a first-round draft pick as compensation. TORSTAR NEWS SERVICE

Teasing 200 hits

.301

Before breaking his finger sliding into a base at the beginning of September, Melky Cabrera was on his way to becoming just the sixth Blue Jay ever to reach the 200-hit plateau. His .301 batting average was tops among Jays and 14th highest in the majors.

Leafs on a roll after 'unacceptable' game

James Reimer makes a save during the Maple Leafs' win over the Blackhawks on Saturday night at the Air Canada Centre. DAVID COOPER/TORSTAR NEWS SERVICE

The home locker-room at Air Canada Centre stayed closed for a few extra minutes on the night of Oct. 25. The Toronto Maple Leafs needed to clear the air after a demoralizing 4-1 loss to the Boston Bruins.

"Basically, we had an agreement that that was enough," coach Randy Carlyle said. "Enough was enough. Because we couldn't continue to go the way we were going, and our performance against Boston was one where in our minds and in their minds was unacceptable."

Two-game road trip

The Leafs hit the road to visit the Arizona Coyotes on Tuesday and the Colorado Avalanche on Thursday.

Since that unacceptable performance, the Leafs are 3-0-0 with victories over the Buffalo Sabres, Columbus Blue Jackets and Chicago Blackhawks. The wins have moved them from 14th to seventh in the 16-team Eastern Conference.

Along the way, the morale gradually improved. Taking care of business against lowly Buffalo led to what centre Nazem Kadri called "a complete 180" after some tension amid the losing.

"We knew what we were doing was unacceptable and we needed to get back to playing Toronto Maple Leaf hockey," said centre Peter Holland. "When we play our brand of hockey we're a good team, we're tough to beat." THE CANADIAN PRESS

4 SPORTS

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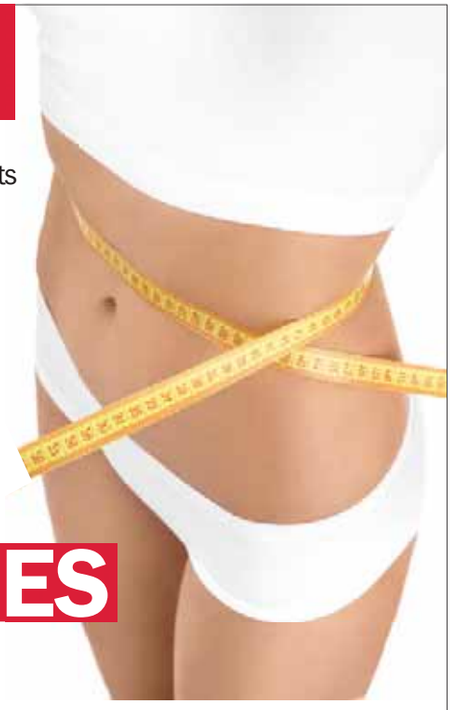

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1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007,

The hype is Real in Europe

Cristiano Ronaldo needs one goal to match the Champions League all-time record when Real Madrid hosts Liverpool on Tuesday. Here's a look at some European storylines going into this week's action:

THE ASSOCIATED PRESS Photos by Getty Images

1 Ronaldo unbound

Ronaldo has scored in 12 straight appearances in all competitions for Real Madrid. His goal on Saturday, in a 4-0 rout at Granada, made him the first Madrid player to score in eight straight Spanish league games.

Liverpool was outclassed 3-0 in the first meeting and will face a tougher task Tuesday, with Madrid playing its best football since the arrival of coach Carlo Ancelotti last season. They've outscored opponents 46-7 during an 11-game winning streak.

2 Suarez back at Ajax

Luis Suarez established his checkered reputation when playing for Ajax, scoring 81 goals from 2007-11 while also earning his first of three suspensions for biting.

Now Suarez returns to Amsterdam to face Ajax Wednesday with his new club Barcelona struggling.

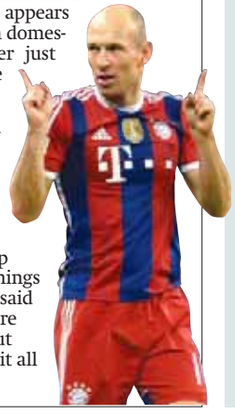
"I'm grateful to be able to go back, (Ajax) is a team that gave me a lot and helped me grow," Suarez said after Barcelona was upset 1-0 at home by Celta Vigo on Saturday, its second straight loss.

3 Bayern bulldozing

Complacency appears to be the biggest danger facing Bayern Munich.

The powerhouse appears to have the German domestic title sewn up after just 10 games, while the Champions League has seemed even easier so far — they beat Roma 7-1 in their last match and host the Italian side Wednesday.

"We have to keep trying to improve things and cannot let up," said Arjen Robben. "We're on the right path but we shouldn't think it all comes naturally."



4 Struggling City

While Chelsea and Arsenal could qualify with wins this week, it's set to go right down to the wire for Manchester City.

City's struggles in the Champions League continue as it has picked up just two points from three games, although Bayern Munich's dominance of Group E leaves the English champs with a chance of qualifying as runner-up.

A home victory over CSKA Moscow on Wednesday is imperative, though, if City is to overhaul Roma, which is two points ahead in second.

MLB

Twins look to Molitor to turn around fortunes

The Twins hired Paul Molitor as manager on Monday, giving the Hall of Fame infielder and Minnesota native a three-year contract with a team coming off four straight seasons of 92 or more losses.

As a player, Molitor won a World Series with the Blue Jays. THE ASSOCIATED PRESS

CFL

Cornish to sit out Stamps finale

Calgary Stampeders running back Jon Cornish and receiver Maurice Price will not play in Friday's regular-season finale against the B.C. Lions.

Cornish, the CFL's leading rusher, left Saturday's 18-13 loss to Winnipeg in the second quarter after bouncing his head off the McMahon Stadium turf.

THE CANADIAN PRESS

NFL

Jets' Vick says he'll be ready to start

Michael Vick expects to be ready for his second start with the New York Jets.

The quarterback insisted Monday he is fine after banging the back of his head and leaving Sunday's Jets game in Kansas City.

"I feel good," he said. "After playing my first full game in a year and a half, I feel good."

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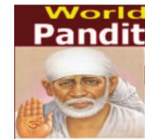
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Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

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Conceptis Sudoku By Dave Green

			1	6	9			
	7			5			4	
9		6				3		5
2								7
1	4						2	3
5								8
4		8				6		9
	3			1			5	
			3	4	6			

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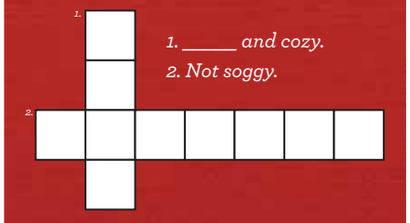
BONUS CROSSWORD



1. _____ and cozy.
2. Not soggy.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

♉ Taurus
April 21 - May 21
A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

♊ Gemini
May 22 - June 21
There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

♋ Cancer
June 22 - July 23
A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done.

♌ Leo
July 24 - Aug. 23
You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

♍ Virgo
Aug. 24 - Sept. 23
A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

♎ Libra
Sept. 24 - Oct. 23
You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

♏ Scorpio
Oct. 24 - Nov. 22
The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

♐ Sagittarius
Nov. 23 - Dec. 21
Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

♑ Capricorn
Dec. 22 - Jan. 20
How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

♓ Pisces
Feb. 20 - March 20
It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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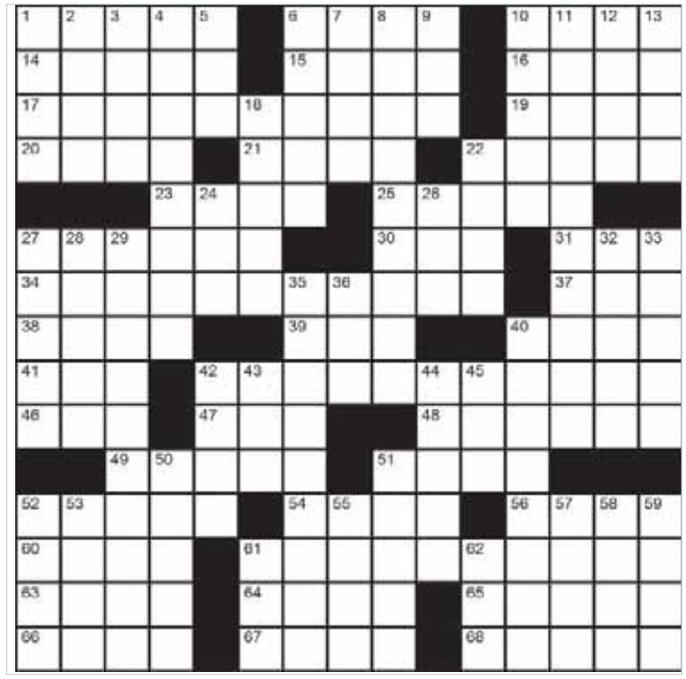
→ See the full instructions on Metro's Voices page.

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Gettin' __ Wit It by Will Smith
6. Terpsichore, in ancient Greek mythology, for one
10. __ artist
14. Range
15. Caspian Sea country
16. Fashion magazine
17. Calgary neighbourhood
19. Gomer __ (Jim Nabors role)
20. Saturday Night Live alum Horatio
21. "I __ you so!"
22. Possessed, in ye olden days
23. Aahs' friends
25. Say "Cheese!"
27. Agnes Moorehead television role
30. Famous King, commonly
31. Healthy retreat
34. What Newfoundlands are according to the Canadian Kennel Club: 2 wds.
37. Mr. Aykroyd
38. Ancient Greece's love god
39. Own, to a Scot
40. Telecommunications speed unit
41. Knock
42. Cariboo Gold Rush town in BC founded in 1862, a National Historic Site of Canada
46. __ Na Na
47. Lummox
48. __ corpus
49. 1960s jacket style
51. __-O (Pudding alternative)
52. Prefix to 'dermabrasion' (Facial treatment)
54. _. __. (Line above the equator)
56. Notion
60. Horton Hears _ __! (2008)
61. Disbelief
63. Well
64. Actress Ms. Malone
65. Waltz, in Paris
66. About: 2 wds.
67. Scheme
68. Halifax-born actress Ms. Page

Down

1. Fighter's pokes
2. Opera singer Ms. Petina
3. __ and bear it
4. "I'm quaintly surprised!"
5. Charlottetown Airport code
6. Canadian tennis player Mr. Raonic
7. The __ Mountains (Range in Russia)
8. Architecture: Calgary's historic buildings material
9. Cease
10. Floral leaf
11. Horse from Scotland
12. "__ fair in love..."
13. __ the Parents (2000)
18. Mr. Hawke
22. Billboard chart-toppers
24. "..._ _ quit!"
26. Java holder
27. Pitchers
28. Music's Ms. Jones
29. Berth a boat: 2 wds.
32. 1963 Billboard chart-topper: Hey __
33. Mountains in South America
35. "__ and Oates" (Folk duo comedy, on MuchMusic)
36. Cartoonist Mr. Browne
40. The Quiet Crooks band from Toronto
42. Fashion style, __-chic
43. Swiss river, variantly
44. Scarlett's love
45. Ms. Bertinelli, to pals
50. Eat away
51. Kyoto locale
52. Wise Men
53. Victor's holler!: 2 wds.
55. Ms. Horne
57. __ pickles
58. Latin 'being'
59. Sermon word
61. Sex and the City star ...her monogram
62. 'Select' suffix

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BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

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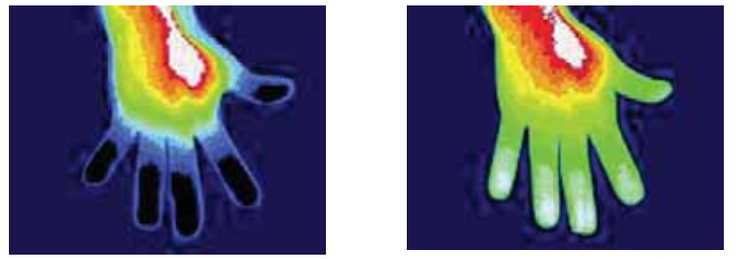
“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

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